

Welcome to the November e-bulletin for working carers.

November has flown by and the jingle of the Christmas bells get nearer by the day but we won't be talking about Christmas. Instead I am going to highlight some of the services we have to offer at the charity. Plus some interesting events planned for the future. I hope you enjoy.

Do you fancy taking part in the Great North Run 2016 and help to raise vital funds to support carers in West Cumbria?

The [Great North Run](#) is one of the most popular half marathons in the world, every year 56,000 runners take part in this amazing event.

We've got 5 guaranteed places for the 2017 event taking place on Sunday 10th September. Secure your spot by taking up one of our coveted places! You can download an Application Form by clicking this [link](#).

Alternatively, if you are successful in getting your own place through the ballot, we'd love to welcome you on board as part of our fundraising team.

We'll support our runners with regular updates and information, fundraising advice and tips, a free running vest and an opportunity to meet your fellow runners.

I have decided to sign up to run for West Cumbria Carers. Being honest I am not a runner and in fact at this stage I would struggle to do a 5k fun run but I wanted to have a goal to get fit and healthy. Our runners from last year said they had a fantastic experience because of the crowds and atmosphere. So....If you fancy a challenge come and join me and we can make a difference for carers and our fitness.

To find out more about running for us please call 01900 821976 or email general@westcumbriacarers.co.uk

Are you a creative carer with a way with words? Contact us about an exciting project we will be doing in the new year with Dove Cottage and Wordsworth Museum.

Online Training

[Carers Support Cumbria](#), in collaboration with [Enabling Success Ltd](#), are able to offer the "Caring with Confidence" training programme online.

The programme is aimed at enabling you to improve your own situation and that of the person you care for. The Caring with Confidence Bitesize programme is made up of three modules:

Module 1 - Managing your role as a Carer with other aspects of your life

Module 2 - Communicating better with health and social care professionals

Module 3 - Caring on a daily basis

Within each module you will find a series of video clips and downloadable documents covering various aspects of caring.

This Caring with Confidence Bitesize Programme aims to open up possibilities so that you can continue your caring responsibilities but also have the opportunity to reflect on YOU!

You are so much more than a carer, this programme will enable you to think about what you need; giving you practical skills, support, information or perhaps some time for yourself to reflect, re-charge and rejuvenate. Looking after yourself is after all common sense and yet it needs to be recognised that perhaps it's easier said than done.

This Caring for Confidence programme will take you step-by-step to make those subtle changes.

If you are worried about how long it will take you do not need to complete the course in one session, once registered (which will involve you entering your email address and creating a password) you can visit the website and watch the video's whenever you have a few minutes spare!

Click [here](#) to register now.

Once registered you can access the training [here](#).

If you would like any help registering and/or completing the training just give us a call on

01900 821 976.



Relax and Refresh!

Creating time away from your routine, focus on you, and slow-down from the hustle and bustle of the day.

These sessions are made to calm the mind and ease your soul. Our trainer Maria has been supporting many of our carers with these sessions across Allerdale and Copeland. Research has shown that simple relaxation techniques can improve overall health and well-being. Plus we have fantastic feedback about the benefits of visiting our relaxation sessions.

These sessions have been a regular part of our activities calendar and we hope there is a session in your area which would work for you. It may be that you need to take an extended lunch break to attend these but I hope you can try one of these sessions and see if they benefit you.

The great thing about these relaxation sessions are; they are **free**, there is **no need to book**, and just turn up. If you want any more information or you want to have a chat with us before you go to your first session, please give us a call on: 01900 821 976

Articles of interest

In this section I have picked a couple of online news stories which may be of interest to you. Just click on the links and you will be taken to them. Let me know what your views are by dropping me an email: hannahblake@westcumbriacarers.co.uk

Do you think robots could be the future of supporting people in their home?

<https://www.theguardian.com/technology/2016/nov/06/robot-could-be-grandmas-new-care-assistant>

Would you ever use an 'Uber' style app to book a carer?

<http://www.telegraph.co.uk/news/2016/11/20/uber-style-service-to-book-carers-on-demand-launched-nationally/>

Flexible working around the world

<http://www.calculator.co.uk/2016/11/flexible-working-around-world/>

Mindfulness Top-Ups at the Helena Thompson Museum, Workington:

Wednesday 14th December 6.30pm – 7.45pm

Wednesday 11th January 6.30pm – 7.45pm

Wednesday 8th February 6.30pm – 7.45pm

Wednesday 8th March 6.30pm - 7.45pm

Former participants of a Mindfulness course are welcome to attend the Top-Up Sessions, these sessions are drop in sessions, you can attend as many or as few as you like or none at all if you do not feel that you need a Mindfulness 'top-up'

Dates for relaxation sessions

Please find below the different locations and dates for the future:

Maryport

Maryport Library, Lawson Street, CA15 6ND

1pm-2pm Monday 12th December, 9th January, 13th February, 20th March.

Workington

Helena Thompson Museum, Park End Road, Workington, CA14 4DE

11am-12noon on Wednesday 21st December, 4th January, 8th February, 15th March

Wigton

Wigton Group Medical Practice, Southend, CA7 9QD

11am-12noon Monday 12th December, 9th January, 13th February, 20th March

Millom

Millom Network Centre, Salthouse Road, LA18 5AB

11am-12noon Monday 19th December, 6th February, 13th March (parent carers sessions— 10am-12noon—6th January, 13th January)

Cleator Moor

Howgill Family Centre, Birks Road, CA25 5HR

1.30-2.30pm Monday 19th December, 6th February, 13th March

Whitehaven

Senhouse Centre, 3 Senhouse Street, CA28 7ES

1pm-2pm - Tuesday 20th December, 3rd January, 7th February, 14th March

Remember that you can keep up to date with our events and activities on our activities calendar, please click [HERE](#)

New Mindfulness courses to start in the new year at Millom and Wigton. Both starting with an introduction to Mindfulness session on: 31st January 10am-1pm-Millom and Wigton –23rd March 6pm-8pm

We hope you find our new newsletter for working carers helpful and interesting.

If you have something you would like to be included in the next edition, please email hannahblake@westcumbriacarers.co.uk



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Find out more about our services, visit www.westcumbriacarers.co.uk

Follow us on Twitter [@wcumbriacarers](https://twitter.com/wcumbriacarers)